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The paper:

Hatzigeorgiadis, A., Zourbanos, N., Mpoumpaki, S., & Theodorakis, Y. (2009). Mechanisms underlying the self-talk – performance relationship: The effects of motivational self-talk on self-confidence and anxiety. *Psychology of Sport and Exercise*, 10, 186-192.

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(Hatzigeorgiadis et al., 2011)

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The paper:

Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and Sport Performance: A Meta-Analysis. *Perspectives on Psychological Science*, 6, 354 -362.

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The paper: Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and Sport Performance: A Meta-Analysis. *Perspectives on Psychological Science*, 6, 354 -362.



June 2013

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An article based to the research of our Lab:

Hatzigeorgiadis, A., Zourbanos, N., Goltsios, C., & Theodorakis, Y. (2008). Investigating the functions of self-talk: the effects of motivational self-talk on self-efficacy and performance in young tennis players. *Sport Psychologist*, 22(4), 458-471. [Abstract](#) .

Hatzigeorgiadis, A., THEODORAKIS, Y., & Zourbanos, N. (2004). Self-talk in the swimming pool: The effects of self-talk on thought content and performance on water-polo tasks. *Journal of Applied Sport Psychology*, 16(2), 138-150. [Abstract](#) .

Hatzigeorgiadis, A. (2006) [Instructional and motivational self-talk: An investigation on perceived self-talk functions](#) . *Hellenic Journal of Psychology*, 3, 164-175.

Lange, A., Richard, R., Gest, A., de Vries, M., & Lodder, L. (1998). The effects of positive self-instruction: A controlled trial. *Cognitive Therapy & Research*, 22, 225-236. [Abstract & look inside](#)

Theodorakis, Y., Weinberg, R., Natsis, P., Douma, I., & Kazakas, P. (2000). The effects of motivational versus instructional self-talk on improving motor performance. *Sport Psychologist*, 22(3), 253-271. [Abstract](#) .

Theodorakis, Y., Chroni, S., Laparidis, K., Bebetos, V., & DOUMA, F. (2001). Self-talk in a basketball-shooting task. *Perceptual and Motor Skills*, 92(1), 309-315.



September 2012

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The paper.:

Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and Sport Performance: A Meta-Analysis. *Perspectives on Psychological Science*, 6, 354 -362.

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The paper.:

Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and Sport Performance: A Meta-Analysis. *Perspectives on Psychological Science*, 6, 354 -362.



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